

VEGETARIAN



Enchilada-Stuffed Zucchini Boats

and

Vegetarian Chili with Vegan Corn Bread

Produce

Avocados, 2
Cilantro, ½ bunch
Garlic cloves, 6
Lime, 1
Onion, yellow, 1 ½
Zucchini, 4 medium

Dairy/Refrigerated

Coconut milk, 12 fluid ounces (1 ½ cups)
*substitute 1 ½ cups other unsweetened
nondairy milk
Monterey Jack cheese, shredded, 4 ounces
(1 cup)
Sour cream, 4.2 ounces (½ cup)

Pantry

Baking powder, 1 tablespoon
Beans, black, dried, 7.4 ounces (1 ½ cups)
Coconut oil, 4.5 fluid ounces (½ cup, plus 1
tablespoon)
Cornmeal, 6.3 ounces (1 ½ cups)
Enchilada sauce, red, 8.5 ounces (1 cup)
Flaxseed, ground, 1 tablespoon
Flour, all-purpose, 4.2 ounces (1 cup)
Lentils, red, dried, 2.5 ounces (½ cup)
Olive oil, extra-virgin, 2 tablespoons
Sugar, 5 ounces (¼ cup)
Tomatoes, crushed, 1 (28-ounce) can

Seasonings

Bay leaf, 1
Chili powder, mild, ¼ cup
Cumin, ground, 3 tablespoons, plus 1 teaspoon